

Module 8: Blood Collection – Finger Prick



Learning Objectives

At the end of this module, you will be able to:

- Explain the preparation tasks required for rapid tests
- Put a client at ease while collecting blood
- Collect blood from a finger prick accurately and confidently



Content Overview

- Preparation for testing
- Educating your client
- Performing a finger prick



Video: Initial Steps

The video will help you answer these questions:

- What are the pre-test preparation steps?
- What safety precautions should you use?
- What should you look for in examining kits before use?
- How do you put your client at ease while performing the test?



Video: Finger Prick

The video will help you answer these questions:

- How do you ...
 - Position the hand?
 - Decide which finger to use?
 - Clean the fingertip?
 - Use a lancet?
 - Ensure blood flow from your client's fingertip?
- Do you ...
 - Use a previously used lancet on a client?
 - Collect the first drop of blood?

Pre-collection Safety Precautions



Finger Prick – Getting Started



1. Collect supplies

◆ Lab workers

◆ Health workers

◆ Counselors

Finger Prick – Finger Preparation



2. Position hand palm-side up. Choose whichever finger is least calloused.



3. Apply intermittent pressure to the finger to help the blood to flow



4. Clean the fingertip with alcohol. Start in the middle and work outward to prevent contaminating the area. Allow the area to dry.



5. Hold the finger and firmly place a new sterile lancet off-center on the fingertip



Lab workers



Health workers



Counselors

Finger Prick – Collecting Blood



6. Firmly press the lancet to puncture the fingertip



7. Wipe away the first drop of blood with a sterile gauze pad or cotton ball



8. Collect the specimen. Blood may flow best if the finger is held lower than the elbow.



9. Apply a gauze pad or cotton ball to the puncture site until the bleeding stops

Finger Prick - Proper Disposal



10. Properly dispose of all contaminated supplies

◆ Lab workers

◆ Health workers

◆ Counselors

Instructor-Led Demonstration

Role Play: Rehearsing Finger-Pricking a Client

Purpose

To practice:

- **Educating clients** (what do you do to put them at ease)
- **Performing a finger prick** (rehearse the action without actually pricking the finger)

Total Time

10 Minutes

Process

- Work in pairs
- Decide roles
 - Tester
 - Client
- The tester practices on the client (3 min)
- Switch roles; repeat the process (3 min)
- Exchange feedback on each other's performance (3 min)

Hands-on Practice: Transfer Pipette

Purpose

- To practice using a pipette efficiently

Materials required

- Transfer pipette
- A cup of water

Time

5 minutes

Process

- Work alone
- Use the pipette to draw and release sufficient amount of water until you become efficient



Hands-On Practice: Finger Prick

Purpose

To practice finger-prick on other people using a lancet, pipette, and other supplies

Total Time

45 Minutes



**Do not practice
on your own fingers!**

Process

- Work in groups of 3
- Decide roles: tester, client, observer
- The tester practices on the client while the observer provides feedback. (15 minutes)
- Switch roles and repeat the process until everyone has taken on each role once.



Summary

- What do you check in a test kit before use?
- How do you put a client at ease while collecting blood?
- What supplies do you need for a finger prick?
- What are the steps when performing a finger prick?
- What safety precautions should you follow?